



Cyprus BBQ Top 10 Favourite Recipes

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Table Of Contents

| | |
|---|----|
| Cyprus BBQ Top 10 Favourite Recipes | 2 |
| Pork Souvla Cooked over Charcoal on a Cyprus Rotisserie BBQ | 3 |
| Lamb Souvla Cooked over Charcoal on a Rotisserie Cyprus BBQ | 6 |
| Churrasco Style Rump Steak with Chimichurri Dressing Cooked Over Charcoal on a Rotisserie Cyprus BBQ | 9 |
| Slow Roasted Pork Belly Souvla and Crispy Chicken Thighs with Asian Slaw Cooked Over Carcoal on a Rotisserie Cyprus BBQ | 12 |
| Chicken Souvla Cooked over Charcoal on a Rotisserie Cyprus BBQ | 16 |
| Chicken Souvlaki Kebabs Cooked Over Charcoal on a Rotisserie Cyprus BBQ | 19 |
| Pork Souvlaki Kebabs Cooked Over Charcoal on a Rotisserie Cyprus BBQ | 21 |
| Lobster Tails stuffed with Garlic Butter Cooked Over Charcoal on a Rotisserie Cyprus BBQ | 23 |
| Whole Sea Bass Cooked Over Charcoal on a Rotisserie Cyprus BBQ | 26 |
| Cyprus Sheftalia Sausage Cooked Over Charcoal on a Rotisserie Cyprus BBQ | 28 |

Cyprus BBQ Top 10 Favourite Recipes



In Cyprus, almost every home has a Cyprus BBQ and it is not uncommon for families to cook on these grills several times a week. Also known as a Foukou the Cyprus BBQ is a rotisserie style barbecue that cooks food over hot charcoal by rotating the meat on skewers or spits.

If you have ever visited Cyprus then you have most probably eaten 'Souvlkia' or 'Souvla'.

Souvlaki kebabs are smaller cubes of lamb, pork or chicken and is normally served in a pitta bread with salad.

Souvla is large chunks of meat (pork, lamb or chicken) cooked on the large spit skewers and typically served with salad, rice or potatoes.

Pork Souvla Cooked over Charcoal on a Cyprus Rotisserie BBQ



This is a very simple and easy recipe consisting of large pieces of marinated pork shoulder on the bone cooked slowly and perfectly on a spit ([souvla skewer](#)) over white hot charcoal . A motor slowly rotates the skewers allowing the meat to cook evenly for that delicious Cyprus BBQ flavour. For great results try with one of our [Authentic Traditional Rotisserie Cyprus Barbecue Sets](#).

Preparation time 20-30 minutes (plus a 3-4 hours to marinade)

Ingredients

- Large pieces of good quality pork shoulder on the bone (these should be about the size of your fist, ask your butcher if you are unsure how to cut it)
- Extra Virgin Greek Olive Oil - enough to lightly coat all of the meat
- Greek Oregano
- Salt and Pepper

Preparation

- Place the meat into a mixing bowl and cover with the Extra Virgin Olive Oil and a sprinkling of Oregano.
- Cover and leave to marinade for 3-4 hours.
- The meat is now ready to go onto the Skewer- take great care when doing this as it can take some force to pierce through the meat and bone.
- Apply Salt and pepper to taste.
- Place the skewers about 12 inches above white-hot coals and leave to rotate on the rotisserie until cooked to your desired taste (1-2 hours) whilst you sit back and enjoy time with your family and friends.

Serving Suggestions

- Serve with a squeeze of lemon for that authentic Cyprus Flavour.
- Ideal with Pita bread and our delicious Greek Salad and Houmous.

Top Tips

- When adding the meat to the skewer it may be safer to start by placing the meat onto a clean surface and then push the tip of the skewer through the meat and bone. Once you have done this the meat can then be safely moved along the souvla skewer.
- When cooking the souvla on our [Authentic traditional Rotisserie Cyprus Barbecue Sets](#), you can raise or lower the skewers to control the cooking time.
- Make sure you start with enough charcoal to last for the whole cooking time.

Lamb Souvla Cooked over Charcoal on a Rotisserie Cyprus BBQ



This recipe is very simple consisting of large pieces of marinated lamb shoulder on the bone cooked slowly and perfectly on a [souvla skewer](#) (spit) over white-hot charcoal.

The bbq motor slowly rotates the Souvla skewers allowing the meat to cook slowly and evenly resulting in that delicious Cyprus BBQ flavour. For the best results try this recipe out on our [Authentic Traditional Rotisserie Cyprus Barbecue Sets](#).

Preparation time 20-30 minutes (plus 3-4 hours to marinade)

Ingredients

- Large pieces of good quality lamb shoulder on the bone (these should be about the size of your fist, ask your butcher if you are unsure how to cut it)
- Extra Virgin Greek Olive Oil - enough to lightly coat all of the meat.
- Greek Oregano
- Salt and Pepper

Preparation

- Place the Lamb into a mixing bowl and pour over the other ingredients, Extra Virgin Olive Oil and a sprinkling of Oregano.
- Cover and leave to marinade for about 3-4 hours.
- The meat is now ready to put onto the Skewer- take great care when doing this as it can take some force to go through both the meat and bone.
- Add salt and pepper to taste.
- Put the skewers about 12 inches above the white-hot coals and leave to rotate on the rotisserie until cooked to your desired taste (1-2 hours) whilst it is cooking you are free socialise with your family and friends.

Serving Suggestions

- For that authentic Cyprus Flavour serve with a squeeze of lemon.
- Ideal with Pita bread and our delicious Greek Salad and Houmous.

Top Tips

- When adding the meat to the skewer it may be safer to start by placing the meat onto a clean surface and then push the tip of the skewer through the meat and bone. Once you have done this the meat can then be safely moved along the souvla skewer.
- When cooking the souvla on our [Authentic Traditional Rotisserie Cyprus Barbecue Sets](#), you can raise or lower the skewers to control the cooking time.
- Make sure you start with enough charcoal to last for the whole cooking time.

Churrasco Style Rump Steak with Chimichurri Dressing Cooked Over Charcoal on a Rotisserie Cyprus BBQ



Delicious recipe from Celebrity Chef and UK Masterchef [Theo Michaels](#).

This is one of those recipes when the Cyprus BBQ's really come into their own; using the long skewers for large pieces of meat cooked both on a fast high heat then lifted for a slower cook to finish created amazing results. Buy the best quality rump steaks you can afford as it will make all the difference.

Serves 6

Cooking time 90 min-120 min

Ingredients

- 6 rump steaks (250g each)
- Seasoning

Chimichurri Ingredients:

- Handful of coriander
- Handful of parsley
- 2 tbsp oregano
- 1 small red chilli
- 3 baby plum tomatoes
- 4 tbsp red wine vinegar
- 2 tbsp2 tbsp olive oil

Method

Bring the bbq to heat.

Season the steaks generously with salt, pepper and oregano. Roll each steak and thread onto the large skewers, using the chicken hooks to hold it in place.

Place the skewers on the BBQ on high heat (about medium height from the coals) for about 20 minutes until you have a nice charred colour, then raise the skewers to the highest setting and leave to cook for another 30 minutes. Remove the steaks and let rest for 10 to 20 minutes before removing each steak and carving.

While the steaks are cooking you can make the chimichurri dressing; finely chop all the ingredients and mix together, taste for balance of flavours adding more vinegar or olive oil as needed.

Serve the carved steaks on a large board drizzling some of the chimichurri dressing over the top of the steaks and serving the rest in a bowl on the side.

Inspired by this recipe and would love to try this at home - View our full range of [Rotisserie Charcoal BBQ's](#)

Slow Roasted Pork Belly Souvla and Crispy Chicken Thighs with Asian Slaw Cooked Over Charcoal on a Rotisserie Cyprus BBQ



Delicious recipe from Celebrity Chef and UK Masterchef [Theo Michaels](#).

Delicious slow-roasted Tamarind pork belly souvla cooked on huge skewers with crispy succulent Zataar chicken thighs, cooked to perfection on a [Cyprus Rotisserie BBQ](#), all served with a fresh vibrant Asian slaw.

Sounds good doesn't it, well it tastes even better.

Serves 12

Cooking time 90 min-120 min

Ingredients:

- 12 chicken thighs
- 1 kg pork belly cut into 4x4 inches
- 250ml Tamarind sauceList item #3
- 4 tbsp zaatar
- Handful of Thyme
- Olive oil
- Seasoning

Asian slaw:

- 1/4 red cabbage finely shredded
- 1/4 white cabbage finely shredded
- 1 corn, kernels stripped off
- Handful fresh mint, chopped
- Handful fresh coriander, chopped
- 1/2 red onion finely sliced

Dressing:

- 4 tbsp fish sauce
- 1 tsp soy sauce
- 2 tbsp lime juice
- 1 tbsp rice wine vinegar
- 1 tbsp honey
- Fresh coriander
- 1 chilli finely sliced
- 1 clove garlic, grated
- 1 inch ginger, grated
- Pinch of salt

Method:

Light the BBQ and wait for the coals to turn ashen then spread out over the base of the BBQ.

Coat the pork belly in the tamarind sauce and then skewer onto the large BBQ skewers using the chicken hooks to hold all the meat in place.

Coat the chicken in the zaatar seasoning (or you can just use some dried thyme and oregano if you can't find zaatar) and again, skewer the chicken thighs onto a large skewer.

Place both skewers onto the barbecue, turn on the rotisserie barbecue motor on medium speed and simply leave to cook for 90 minutes to 2 hours. You can season both with a squeeze of lemon and scattering of salt throughout.

Once cooked, remove the skewers (turn off the motor after removing the skewers), use a fork or back of a knife to push off chunks of meat onto a serving board.

To make the Asian slaw

Simply mix all the dressing ingredients together and stir. Then fold through the vegetables in a large serving dish.

Pour over the dressing ensuring the vegetables are well coated and serve.

The perfect choice for any party or family gathering, your guests will definitely be coming back for more.

Inspired by this recipe and would love to try this at home - View our full range of [Traditional Rotisserie Charcoal BBQ's](#)

Chicken Souvla Cooked over Charcoal on a Rotisserie Cyprus BBQ



Chicken Souvla is one of our favorite recipes. Large peices of chicken thigh, leg or drumstick on the bone cooked over charcoal on the large spit (souvla skewer).

A motor slowly rotates the skewers allowing the meat to cook evenly for that delicious Cyprus BBQ flavour. For great results try with one of our [Authentic Traditional Rotisserie Cyprus Barbecue Sets](#).

You can also cook lamb, pork or a whole chicken souvla but we will show you how to do these in another one of our delicious Cyprus recipes.

Preparation time 20-30 minutes (plus a 2-3 hours to marinade)

Ingredients

- Large pieces of good quality chicken on the bone with the skin still on (these should be equal sizes about the size of your fist, if you are unsure how to cut it ask your butcher)
- Extra Virgin Greek Olive Oil - enough to lightly coat all of the meat.
- Greek Oregano
- Salt and Pepper to taste

Preparation

- Place the chicken into a mixing bowl and cover with the Extra Virgin Olive Oil and a sprinkling of Oregano.
- Cover and leave to marinade in the fridge for 2-3 hours.
- The meat is now ready to go onto the Skewer- take great care when doing this as it can take some force to pierce through the meat and bone.
- Apply Salt and pepper to taste.
- Place the skewers about 12 inches above white-hot coals and leave to rotate on the rotisserie until cooked (1-2 hours) whilst you socialise with your family and friends.
- Sprinkle occasionally with a Cyprus pinch of salt for perfectly crispy skin.

Serving Suggestions

- Serve with a squeeze of lemon for that authentic Cyprus Flavour. Ideal with Pita bread and our delicious Greek Salad and Houmous

Top Tips

- If the chicken starts to spin round on the skewer either use [Spit Forks](#) or bamboo skewers/coctail sticks presoaked in water to pin them in place.
- When cooking the souvla on our Authentic Traditional Rotisserie Cyprus Barbecue Sets, you can raise or lower the skewers to control the cooking time.
- Make sure you start with enough charcoal to last for the whole cooking time and all of the meat on the skewer is directly above the charcoal.

Chicken Souvlaki Kebabs Cooked Over Charcoal on a Rotisserie Cyprus BBQ



Chicken Souvlaki Kebabs are a perfect taste of Cyprus, served in a warm pitta bread with Greek salad and a good squeeze of lemon. The small chunks of chicken cook quickly and evenly over white-hot coals using one of our fantastic [Traditional Rotisserie Cyprus BBQs](#).

Serves: 3-4

Preparation Time: 30 minutes (plus up to a couple of hours to Marinade)

Ingredients

- 1 lemon, juiced
- 3-4 tablespoons Greek olive oil
- 2 tablespoons of dried Greek oregano
- Salt and pepper to taste
- 4 boneless chicken Breasts

Preparation

- Dice the Chicken into 2.5cm (1") cubes.
- In a large glass bowl, mix together lemon juice, olive oil, oregano, and chicken, stir to coat.
- Add salt and pepper to taste.
- Cover, and refrigerate for 2 to 3 hours for the best results, but you can use it sooner if you are hungry!!.
- Thread chicken onto souvlaki skewers.
- Cook over hot coals on the rotisserie Cyprus BBQ for 15 to 20 minutes brushing occasionally with olive oil .

Serving suggestions

- Serve with warm pitta bread, delicious Greek Salad, Houmous and Tzatziki and a good squeeze of lemon

Top Tips

- For a little extra flavour add a couple of cloves of minced garlic to the marinade.
- For best results, obviously, we highly recommend cooking using our fantastic Traditional Cyprus charcoal barbecues!

Pork Souvlaki Kebabs Cooked Over Charcoal on a Rotisserie Cyprus BBQ



Souvlaki Kebabs are great for serving in a warm pitta bread with salad, Tahini dip a good squeeze of lemon. The smaller chunks of meat cook quickly and evenly over white hot coals using our fantastic [Rotisserie BBQ's](#) and [motors](#)!

Serves: 3/4

Preparation Time: 30 minutes (plus a couple of hours to Marinade)

Ingredients

- 1/2 lemon, juiced
- 2 tablespoons greek olive oil
- 1 good pinch of dried greek oregano
- Salt and pepper to taste
- 500g (1.2 lb) pork neck or shoulder, diced into 2.5cm (1") cubes

Preparation

- In a large glass bowl, mix together lemon juice, olive oil, oregano and pork, stir to coat. Cover, and refrigerate for 2 to 3 hours.
- Thread pork onto skewers.
- Cook for 10 to 15 minutes brushing with olive oil sporadically, turning skewers.

Serving suggestions

- Serve in a warm pitta bread with salad, Tahini dip a good squeeze of lemon.

Top Tips

- Buy a good cut of pork Shoulder or neck with plenty of fat. Alternate the fatty pieces between more lean cuts of meat as this will allow the meat to self-baste during cooking and you will end up with delicious crispy bits.
- For best results, obviously we highly recommend cooking using our fantastic [Traditional Cyprus charcoal barbecues!](#)

Lobster Tails stuffed with Garlic Butter Cooked Over Charcoal on a Rotisserie Cyprus BBQ



A delicious recipe from Celebrity Chef and UK Masterchef Theo Michaels.

Cooking lobster with garlic butter on the rotisserie is a great way to barbecue to evenly cook it and keep it really succulent. This simple and delicious recipe will definitely have you coming back for more.

Serves 3

Ingredients

- 3 Lobster tails
- 150g butter, softened
- 2 cloves garlic, crushed to a paste
- 4 tbsp parsley, finely chopped
- Small squeeze lemon juice
- Pinch salt and pepper

Method

Light the BBQ and wait for the coals to become ashen, meanwhile...

Mix together all the ingredients (except the lobster tails!) to make your seasoned garlic butter and reserve. You can add a pinch of cayenne pepper or finely chopped chili if you like it hot.

Prep the lobsters; using a pair of sharp kitchen scissors cut the top-side of the shell of the lobster along the middle stopping just before you reach the end. Carefully prize open the shell to reveal the flesh inside, remove any waste tract if it's there, otherwise simply spoon in some of the garlic butter. Repeat with all the lobster tails.

Using the large skewer, skewer the tails through the flesh lengthways until all three are on.

Once the coals are ready, place the skewer on the BBQ, and on a medium height let them cook for about 12-15 minutes depending on their size. Once they are bright red they should be done. Feel free to baste with garlic butter during cooking.

Cyprus BBQ Top 10 Favourite Recipes

Remove the tails from the skewer, place onto a serving dish and simply warm through the garlic butter marinade to melt it, pour into a bowl and get cracking!

Bibs and a finger bowl to wash hands are optional...

Inspired by this recipe and would love to try this at home - View our full range of [Rotisserie Charcoal BBQ's](#)

Whole Sea Bass Cooked Over Charcoal on a Rotisserie Cyprus BBQ



Whole Sea Bass cooked over charcoal on a Cyprus BBQ are delicious, served with warm pitta bread, a Greek salad and a good squeeze of lemon. They fit perfectly into one of our [Rotating Fish Grills](#) allowing them to cook evenly over white-hot coals using one of our fantastic [Rotisserie Cyprus BBQs](#) and [motors](#)!

Serves: 1 fish per person

Preparation Time: 10 minutes (if the fish have already been cleaned and prepared)

Ingredients

- 2 tablespoon lemon juice
- 2 teaspoon olive oil
- salt to taste
- 1 bay leaf
- Whole lemon thinly sliced
- 1 fresh whole Sea Bass per person

Preparation

- In a small bowl, stir together lemon juice, olive oil, salt, and bay leaf.
- Rub whole fish with the mixture inside and out.
- Place the slices of the lemon inside the body of the Sea Bass.
- Place the prepared Sea Bass inside the [Rotating Fish Grill](#).
- Insert the Rotating Fish Grill into the raising mechanism on your Cyprus BBQ and adjust the height depending on how hot the coals are.
- Cook the fish for 8 to 10 minutes, Fish is done when it flakes easily with a fork.

Serving Suggestions

- Serve with a delicious [Greek Salad](#) and plenty of lemon

Top Tips

- Squeeze a little extra lemon over the fish during cooking for an extra fresh taste.
- For best results, obviously we highly recommend cooking using our fantastic motorised Traditional Cyprus charcoal barbecues!

Cyprus Sheftalia Sausage Cooked Over Charcoal on a Rotisserie Cyprus BBQ



The traditional Cypriot Sheftalia Sausage is a must have for any Cyprus BBQ or Meze and is the perfect addition to the famous Cyprus Souvlaki kebab.

This simple yet delicious sausage is easy to make and uses natural caul fat to enclose the sausage meat. As the sausage cooks the caul fat melts away making them deliciously charred and crispy. Caul fat is a thin fatty membrane that you can find at most good butchers.

The sausage can be made with pork or lamb shoulder or even a combination of both. It is essential for the meat to have a high-fat content (up to 30%) to create a sausage that is moist and juicy inside.

Preparation time 20-30 minutes

Ingredients

- 500g Pork or Lamb shoulder minced
- 2 Medium Onions finely chopped
- 6-8 tablespoons of finely chopped Flat Leaf Parsley
- 1 teaspoon salt (to taste)
- 1 New Zealand teaspoon fresh ground pepper
- 1 piece of caul fat

Preparation

- Rinse the caul fat under cold running water and leave in a clean bowl to drain, any remaining odor can be removed by rinsing the caul fat in lemon, vinegar or white wine and then rinse in the water again if necessary.
- Mix the mince, chopped onion, chopped parsley and the salt and pepper well in a large bowl.
- Lay out the Caul fat and cut into 7 cm x 7cm Square.
- Place a tablespoon of the Sheftalia sausage meat mix on each piece of caul fat and fold in the edges to form the sausage shape.
- For best results place the Sheftalia onto skewers and cook over hot coals for 10-15 minutes on a Cyprus BBQ, turning occasionally.
- The Sheftalia can also be cooked under a medium to hot grill if the weather is too bad to light your BBQ!

Serving Suggestion

- Serve in a warm pitta bread with lots of lemon juice, Greek Salad, and Houmous.
- Great as part of any meze or along with Sovuvla or Souvlaki at your family BBQ.

Tips

- For a little extra flavour try adding 2 cloves of finely chopped garlic and a teaspoon of cinnamon to the mix.
- If you find the sheftalia mix is a little loose try adding in a slice of bread, with the crusts removed, soaked in a little water to the mix to thicken it up.

Cyprus BBQ



Welcome to Cyprus BBQ - a friendly, family run business with a passion for BBQ! We originate from Cyprus but we were born and bred in Yorkshire, despite this our hearts (and stomachs) belong to this sun-drenched island in the Mediterranean.

Our mission is to bring a little bit of Mediterranean culture and lifestyle to the UK with the delights of a traditional, authentic Cypriot, Rotisserie Barbecue (Foukou). We aim to make delicious Cypriot Souvlia and Souvlaki Kebabs available to everyone, its as easy as lighting a match, well almost there's a little prep to do too!

The Cyprus BBQ is perfect for family gatherings, an afternoon with friends or any celebration/occasion, you can just sit back and let the BBQ do all of the work.

At Cyprus BBQ we aim to provide our customers with a warm and friendly experience with excellent customer service. If you have any questions or would like any advice please call us on 0113 2177141 or contact us at sales@cyprusbbq.co.uk